

Recipes

Delicious ideas using your rasping plates or bowls

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Lemon Ginger Dressing

3 parts olive oil

1 part balsamic vinegar

1 lemon

1 small piece of fresh ginger

Grate half of the lemon rind, juice the lemon, and set aside grated rind and juice. Peel ginger, grate, and set aside. Mix oil and vinegar together, and add lemon rind, lemon juice, and ginger. Mix the dressing together well.

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Garlic Ginger Dressing

3 parts olive oil

1 part balsamic vinegar

2 cloves garlic, peeled

1 small piece fresh ginger

Salt

Pepper

Grate the garlic cloves, set aside. Peel and grate the ginger, set aside. Mix oil and vinegar together, and add grated garlic and ginger. Add salt and pepper to taste. Mix the dressing together well.

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Parmesan Balsamic Vinaigrette

3 parts olive oil

1 part balsamic vinegar

1 clove garlic, peeled

1 lemon

3 oz. parmesan cheese
Salt
Pepper

Grate the garlic clove, set aside. Grate the lemon rind, and squeeze the juice out of the lemon, and set the rind and juice aside. Grate the parmesan cheese and set aside. Mix oil and vinegar together, and add grated garlic, lemon juice and rind, and grated parmesan cheese. Add salt and pepper to taste. Mix the dressing together well.

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Carrot Vinaigrette

1 medium sized carrot, peeled
1 part balsamic vinegar
3 parts olive oil
1 clove garlic, peeled
1 lemon
2 oz. parmesan cheese
Salt
Pepper

Grate carrot and garlic clove, set aside. Grate skin of lemon, squeeze its juice, and add to mix of balsamic vinegar and olive oil. Add grated carrot and garlic. Add salt and pepper to taste. Mix the dressing together well.

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Citrus Vinaigrette

1 part balsamic vinegar
3 parts olive oil
1 clove garlic, peeled
1 lemon
1 medium sized orange
Salt
Pepper

Grate garlic clove, set aside. Grate lemon and orange rind, squeeze the lemon and the orange, and set aside the rinds and juices. Mix the vinegar and olive oil, add the grated garlic, lemon and orange, and mix. Add in the orange and lemon juices and mix again. Add salt and pepper to taste. Mix the dressing together well.

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Seafood Grill Sauce and Marinade

One small piece of fresh ginger
1/3 cup soy sauce

Peel and grate the ginger, add to the soy sauce, and mix well. Brush over seafood, shrimp, or salmon before cooking.

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Steak Grill Sauce and Marinade

2 cloves garlic, peeled

1/4 cup olive oil

Black pepper

Grate garlic, add to olive oil and mix well. Add black pepper to taste. Brush on steak prior to grilling.

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Garlic Mashed Potatoes

Approximately 6 medium sized potatoes, peeled and quartered

2 garlic cloves, peeled

1 package cream cheese, softened

1 tablespoon butter or butter substitute, softened

Salt

Pepper

Boil potatoes 20 minutes until they are tender, drain and mash. Cube the cream cheese. Grate the garlic. Mix cream cheese, garlic, and butter together and add to the mashed potatoes. Add salt and pepper to taste.

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Other ideas:

- Grate ginger and add to tea with honey.
- Grate whole nutmeg and add to eggnog, puddings, whipped cream, or steamed milk.
- For more ideas [click here](#)

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